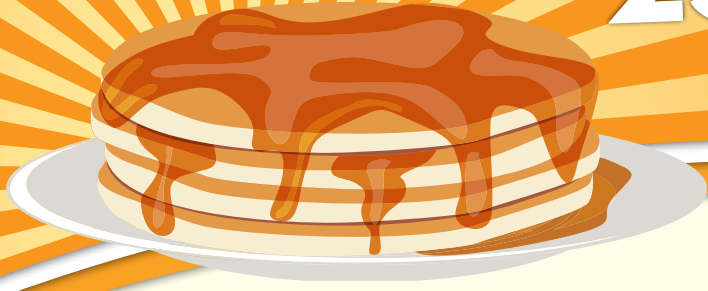


25 HIGH FIBER BREAKFAST



1. Oatmeal
2. Banana
3. Cereal
4. Breakfast Smoothie
5. Breakfast Burrito
6. Wheat Flour Pancakes
7. Wheat Bread French Toast
8. Granola Bars
9. Nut Bars
10. Oranges
11. Waffles
12. Veggie Omelette
13. Chia Pudding
14. Avocado Toast
15. Breakfast Tacos
16. Bran Muffins
17. Rice Pudding
18. Applesauce
19. Hot Breakfast Couscous
20. Granola
21. Parfait
22. Quinoa
23. Oatmeal Bar
24. Wheat-Germ
25. Almonds